



State of Arizona  
**Department of Education**

**Tom Horne**  
Superintendent of  
Public Instruction

**NSLP CN # 13-08**  
**USDA Memo # SP 04-2008**

**MEMORANDUM**

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**TO:** School Health & Nutrition Program Sponsors

**FROM:** Mary Szafranski, Deputy Associate Superintendent  
Arizona Department of Education, Health and Nutrition Services

Kacey Frey, NSLP Health Director  
Arizona Department of Education, School Health & Nutrition Programs

**DATE:** January 15, 2008

**SUBJECT:** Incorporating the 2005 Dietary Guidelines for Americans into School Meals

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*Original Signed*

The Dietary Guidelines for Americans (DGAs) serve as the foundation for national nutrition policies, including the meal patterns and nutrient standards of the United States Department of Agriculture (USDA) Food and Nutrition Service school meal programs. Following the release of the 2005 DGAs, USDA assembled an internal working group of experienced nutritionists and program administrators to examine ways to implement the 2005 DGAs into the school meal programs.

While awaiting publication of the final rule updating the school meal patterns and nutrition standards, LEAs need to begin proactively implementing the 2005 DGAs. Implementation can be accomplished through a variety of initiatives such as:

- Increasing the amount and variety of whole grain products offered to students, and progress toward the goal of making half of all grains offered and served whole grains
- Increasing the availability and service of both fruits and vegetables within the school meal programs by providing meals that offer both a fruit and a vegetable
- Offering only low-fat and fat-free milk/milk products
- Reducing sodium incrementally to reach the goal of less than 2,300mg sodium per day

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- Increasing fiber to reach the recommended dietary intake of 14 grams per 1,000 calories consumed
- Controlling cholesterol content of meals on average to less than 100mg for lunch and less than 75mg at breakfast for all age/grade groups
- Minimizing trans fats

As a reminder, Arizona SMI guidelines currently require: cholesterol to be less than 75mg at breakfast and less than 100 mg at lunch; fiber to be 1g per 100 calories; and sodium to be no more than 2mg per calorie.

FNS is in the process of developing technical assistance tools that will further assist schools in meeting the 2005 DGAs; these tools will be distributed as they are finalized.

If you have questions or concerns regarding this memo, please contact your assigned School Health & Nutrition Program Specialist at 602-542-8700.

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